

Improving mental health in Ghana

“We are helping to train new mental health workers to provide care in poor and rural communities where it is critically needed.”

Kintampo

Find out more...

www.thekintampo.org

Supported by:



The Need.

- Over two million people in Ghana have mild to moderate mental disorder - 650,000 have a severe mental disorder.
- Only 2% receive treatment each year.
- The ratio of psychiatrists to population in the UK is 1:10,000 - in Ghana it is 1:1.6million.
- The ratio of mental health nurses to population in the UK is 1:1,000 - in Ghana it is 1:40,000.
- Only 6.2% of Ghana's healthcare budget is allocated to mental health. Of this 80% is allocated to three psychiatric hospitals on the south coast.
- Lack of services means that local people rely on traditional practices which can include beatings and shackling.

The Vision.

Our Vision is for Ghana to have excellent mental health services for all people in all settings especially those in remote and under-served communities. We aim to establish a sustainable community focussed mental health workforce in all parts of Ghana, to support existing services in fulfilment of the aims of the Government of Ghana.

The Link.

The Kintampo Project is a link between NHS volunteers at Southern Health NHS Foundation Trust in the UK, and Kintampo Rural Health Training School, which educates around 80% of all rural health workers in Ghana.

We have developed two new training programmes: the degree-level Medical Assistant (Psychiatry) and the diploma level Community Mental Health Officer. We are educating the educators and have set up a network of preceptors throughout Ghana who provide support to students during their placements in the community.

The first cohort of 80 students are now qualifying and will soon be working out in the rural communities, making a difference to Ghana's mental health crisis.

The Future...

By 2017 at least 75% of Ghana's 174 districts will have one Medical Assistant in Psychiatry and two to three Community Mental Health Officers working with Community Psychiatric Nurses (CPNs) and Medical Officers, providing mental health care for thousands of people - without the need for overseas support. Looking ahead, we are also creating professional networks and programmes to provide career progression and professional development for mental health workers in Ghana.



2017: The Brong Ahafo region of Ghana, showing our mental health workers in each district.

the
Kintampo
project

